

Maryland Heart Disease and Stroke Newsletter

...aligning and guiding statewide efforts

June 2016

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Maryland is working to fight heart disease and stroke by bringing together health systems, communities, nonprofit organizations and private-sector partners from across the state

Million Hearts Hypertension Control Champions

The Centers for Disease Control and Prevention and Million Hearts® announced the [2015 Hypertension Control Champions](#). Eighteen Champions were recognized for their success in helping patients keep their blood pressure under control.

Job Announcements

The Department of Health and Mental Hygiene Center for Chronic Disease Prevention and Control has immediate openings for the following positions. The Center's mission is to improve Maryland's health by preventing and controlling chronic diseases, such as diabetes, heart disease, and stroke. This is an opportunity to join a dynamic, highly motivated team working to create healthier environments across Maryland.

[Program Evaluator](#) (2 positions)

[Health Systems Coordinator](#)

[Quality Improvement Policy Analyst](#)

Application Deadline - June 17, 2016

Department of Health and Mental Hygiene (DHMH) is seeking a [Program Manager](#) to serve within the Center for Cancer Prevention and Control (CCPC). The overall purpose of this position is to enhance collaboration of the National Center & Chronic Disease Prevention and Health Program (NCCDPHP) federally and state funded cancer control programs within DHMH, large health systems and other key partners.

Application Deadline - June 12, 2016

Don't Miss Out! Use the Be Healthy Maryland site to manage referrals to your workshops

Publicizing your classes and tracking and managing referrals, can be difficult and time consuming. DHMH's new website makes these tasks easier for your organization.

The new [Be Healthy Maryland](#) website is now live. The site makes it easier for Marylanders to locate and be referred to evidence-based diabetes prevention, and diabetes and chronic disease self-management programs. Program providers can use an associated website, Maryland Workshop Wizard, to add and manage class information.

If your organization provides one of the programs listed below, don't miss this opportunity to use the site to publicize your classes and receive referrals from healthcare providers and the public.

[Diabetes Self-Management Education \(DSME\)](#)
[Stanford Chronic Disease Self-Management Education Programs \(CDSME\)](#)
including Chronic Disease, Diabetes, Pain, and Cancer
[Diabetes Prevention Programs \(DPP\)](#)

Please contact the [CCDPC](#) to learn more.

New Nutrition Facts Labels to Feature Added Sugars, with Daily Value

The Food and Drug Administration finalized the new [Nutrition Facts label](#) for packaged foods. The new labels should help consumers make better choices and reduce their risk of obesity, type 2 diabetes, and heart disease. A line showing added sugars will be added to the labels. See an [infographic](#) that summarizes the key changes.

Resources, Research, and News

[Help Your Clients Eat a Healthy Diet on a Budget](#)

The United States Department of Agriculture maintains ChooseMyPlate.gov, which is full of tips to help people eat a healthier diet. This booklet includes tips for eating on a budget and many recipes.

[AHRQ Chartbook on Women's Health Care](#)

The Agency for Healthcare Research and Quality has released the 2014 National Healthcare Quality and Disparities Report, Chartbook on Women's Health Care. Overall, the healthcare system has made progress. Key findings showed improved access to healthcare and some improved healthcare quality measures, including patient safety and person-centered care. However, it notes that challenges in reducing disparities and improving quality remain.

[America's Health Rankings Releases State Profiles of Unhealthy Behaviors](#)

United Health Foundation released the report "America's Health Rankings Spotlight: Impact of Unhealthy Behaviors." This report highlights the impact of unhealthy behaviors through [state-by-state profiles](#). Unhealthy behaviors reviewed included smoking, excessive drinking, physical inactivity, obesity status, and not getting enough sleep. In Maryland, 11.8% of people had 3 or more unhealthy behaviors, with higher prevalence among people without high school diplomas and people who earn less than \$25,000 per year.

Upcoming Events

Johns Hopkins Heart and Vascular Institute

[Recorded Webinars and Seminars](#)

Watch or listen to recordings on a wide variety of heart related topics.

[Racial and Ethnic Disparities in Hypertension-Beginning the Conversation](#)

June 9, 2016

2 p.m.to 3 p.m.(ET)

The American Heart Association presents a webinar addressing racial and ethnic disparities in hypertension. African Americans are significantly more likely than whites to be diagnosed with hypertension yet are significantly less likely to achieve blood pressure goals despite equal or even higher levels of treatment. Medication adherence, economic issues, patient/physician communication, and differences in antihypertensive efficacy in blacks all contribute to these disparities. It is crucial that clinicians identify opportunities for improvement in the management of hypertension in their African-American patients and integrate those opportunities into their practices.

[Undiagnosed Hypertension in the Safety Net](#)

June 14, 2016

1 p.m. to 2 p.m. (ET)

Presented by the National Association of Community Health Centers, this webinar will provide an overview of undiagnosed hypertension efforts to date, lessons learned from the NACHC Million Hearts "Hiding in Plain Sight" project, and future directions, including the US Preventive Services Task Force recommendation for out-of-office blood pressure for hypertension diagnosis, Canadian hypertension guidelines recommending use of automated office blood pressure machines for taking office blood pressure readings, new Physician Quality Reporting System (PQRS) measures, the status of new US hypertension guidelines, and other works in progress, including the American Medical Association's Hypertension Return on Investment (ROI) Calculator, Self-Measured (SMBP) Implementation Guide, and updated SMBP device list.

[How Evidence-Based Self-Management Programs Can Improve Your Patient Outcomes](#)

June 16, 2016

1 p.m. to 2 p.m.

Please share this information with your health care partners. It is a webinar for them to learn about the following:

1. Identifying and reaching individuals with health risks/poorly managed chronic conditions
2. Improving patient outcomes
3. Engaging patients to become active partners with their health care team
4. Increasing your patients' engagement and self-management skills
5. Reducing health care costs and utilization

Attending the webinar will help providers learn how to refer patients to these effective, evidence-based low-cost self-management programs.

SAVE THE DATE! - Evidence-Based Community Programs for Chronic Diseases

September 7, 2016

8 a.m. to 4 p.m.

For chronic disease professionals, coaches/leaders, local health departments, aging network, health care/allied health professionals, the goal of this conference is to provide professionals with practical skills that will strengthen the utilization and sustainability of evidence-based community programs for chronic diseases and facilitate the development of partnerships.

Community Health Worker News and Resources

[Making the Business Case: Community Health Workers Bridge Health Care Gap](#)

We know that improved quality of care, increased compliance, and reduced costs are some of the benefits of including community health workers as part of a comprehensive health care team. This video shows an example from an Oklahoma City, OK, health alliance.

[What's Cooking? USDA Mixing Bowl](#)

The U. S. Department of Agriculture has a helpful website that include recipes in English and Spanish, menu builders and shopping lists, and how-to videos. Here is an example: Store-bought taco seasoning and fajita mixes can be high in sodium. Make sodium-free spice mixes.

[Chile and Spice Seasoning](#) and [Hot 'N Spicy Seasoning](#).

Preventing 1 Million Heart Attacks and Strokes

To Prevent 1 million heart attacks and strokes, health

**care professionals and public health workers should do
what works:
Use the ABCS**

**A- Appropriate Aspirin Use
B- Blood Pressure Control
C- Cholesterol Management
S- Smoking Cessation**



Use Health IT

Use electronic health records and other Health IT to identify patients who need support to improve their ABCS and then track their progress.

Use Team-Based Care

Use clinical innovations, including: Use everyone who interacts with patients to the top of their skills and license, Self-measured blood pressure monitoring with clinical support, Reward and recognize excellence in the ABCS.

Join 100 Congregations for Million Hearts

100 Congregations for Million Hearts®

is a faith-based program designed to help guide your members toward a heart-healthy lifestyle. The goal of 100 Congregations for Million Hearts® is to enlist the support of faith-based organizations to help raise awareness and prevent cardiovascular disease and focus on hypertension control.

For more information, please visit: [100 Congregations for Million Hearts](#)

Click on the following links for more information

[Healthiest Maryland Businesses](#)

[Diabetes Prevention Program](#)

[National Million Hearts Initiative](#)

[Department of Health and Mental Hygiene](#)

[Million Hearts Resource Center](#)

[Pharmacy, Podiatry, Optometry, Dentistry Toolkit](#)

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